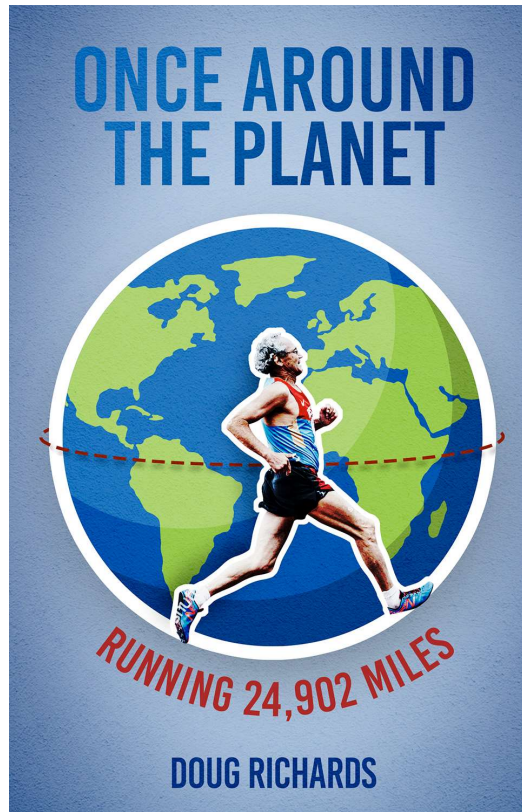




Title information



Once Around the Planet

Running 24,902 Miles

By Doug Richards

Key features

- Enthralling and inspiring, *Once Around the Planet* proves definitively that adventures are not just for the young
- In previous books, Doug described how he found running late in life and how his journey of discovery took him from a one-mile run to completing long races across deserts, mountains, jungles, snow and ice, to achieve his ambition of running at least a half marathon on all seven continents
- Doug is open about his personal battles with anxiety and depression, through his writing and inspirational talks, and continues to show others how running can help people to deal with mental wellbeing issues
- Doug's vivid descriptions of remote locations around the planet will appeal to travellers as well as runners
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

After realising his dream of running at least a half marathon on all seven continents before his 70th birthday, Doug Richards travels to new remote locations to up his lifetime total to 24,902 miles, the equivalent of the circumference of the Earth's equator. Having discovered running late in life, Doug's journey took him from an initial one-mile run to completing long races across deserts, mountains, jungles, snow and ice. In *Once Around the Planet*, he shares his latest adventures, contending with a pandemic and recurring anxiety as he returns to the marathon distance in Venice, runs among ancient Moai statues on Easter Island, across volcanic rim trails and hot springs in the Azores, lava formations in the Akamas peninsula of Cyprus and ventures into the mysterious confines of the Bermuda Triangle. More than just a book for runners, *Once Around the Planet* gives candid insight into Doug's battles with anxiety and depression, the inevitable decline in performance as he enters his 70s and the key role running can play in good mental health.

Details

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